

# Continuing Your Journey with Diabetes

Center for Diabetes Management offers a 90-minute diabetes refresher class for those who have previously attended a comprehensive diabetes self management class in the past (at Mercy Gilbert or elsewhere). The class includes:

- Overview of diabetes
- Medications review
- Diabetes and healthy eating
- Understanding the natural course of diabetes
- Monitoring and using blood sugar results

For additional information, please call Center for Diabetes Management at **(480) 728-3535**.

## Center for Diabetes Management

1760 E. Pecos Rd, Rome Towers Suite 235  
Gilbert, AZ 85295

Phone: (480) 728-3535

Fax: (602) 798-0775

[MercyGilbert.org](http://MercyGilbert.org)



**Mercy Gilbert  
Medical Center.**

A Dignity Health Member

---

**Center for Diabetes Management**

